

Adapted Recreation

Registration begins April 22; classes begin June 3 unless noted otherwise within class descriptions.

To view a list of class location abbreviations, see page 2.

These programs are designed for children and adults with intellectual disabilities. Individuals may register for programs at the Parks and Recreation Office, 3500 S. Rural Road. If you require special accommodations for these or additional City of Tempe programs, contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469; for TDD, call 350-5050.

L.E.A.P. After-School Program

L.E.A.P. is the Lifeskill Enrichment After-School Program, an after-school program for high school students with developmental disabilities in the Tempe Union High School District. The program follows the school year calendar and takes Mondays through Fridays until 6 p.m.; transportation is provided to the program site from the student's school. We are a DDD authorized provider; contact your case manager for authorization. Please contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469 or Josh_Bell@tempe.gov, for more information regarding the program and registration.

Camp Challenge Summer Day Camp

Camp Challenge is a summer day camp during the months of June and July for youth and young adults ages 5-22 with developmental disabilities. Camp participants will participate in a variety of fun activities that promote physical exercise, mental stimulation, social skills development and other benefits. Activities include arts and crafts, games, swimming, music, field trips and bowling, as well as many others. Camp participants must be able to participate successfully in a 1:4 staff-to-participant environment.

Location: Arredondo Elementary School, 1330 E. Carson Drive.

When: Monday-Thursday, 8 a.m.-2 p.m., June 3-July 18.

Cost: \$250 out of pocket for entire summer, or DDD hours (State of Arizona Division of Developmental Disabilities) are accepted.

We are a DDD authorized provider. Please contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469 or Josh_Bell@tempe.gov, for more information regarding the program and how to register.

Health & Fitness

Yoga

This class is designed to introduce students to basic sitting and standing Yoga poses that help to increase flexibility, improve balance and stretch the body. Simple breathing and relaxation techniques will be taught to all students; additional techniques taught will be based on student's ability level. Those requiring assistance must come with his/her own aide. Fee: \$18. 480-858-2469

30853	13 yrs+	M	6/17-8/5	4-5 p.m.	CRC
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Zumba

Zumba is a high-energy, cardio workout that incorporates unique moves with upbeat Latin and international music. This class is designed for all experience levels and helps you reach healthy goals by using easy-to-follow dance steps in a fun environment! Individuals must be independently mobile to participate. Those needing extra supervision must provide his or her own aide. Fee: \$18. 480-858-2469

30854	13 yrs+	T	6/18-8/6	4-4:45 p.m.	PAC
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Social Activities

Bingo

Bingo prizes include various small items, food/consumable items and grand prizes (typically gift cards or other larger items). Those requiring assistance must come with his/her own aide.

When: June 7

Time: 6:30-8 p.m.

Where: Pyle Adult Center, 655 E. Southern Avenue

Fee: \$3 at the door

Fabulous Friday Dances

Come out to our monthly, themed dances and boogie-woogie on the dance floor! Dances are held for individuals with disabilities, ages 13 and older. Visit our website at www.tempe.gov/adaptedrecreation to find out the theme of the dance.

When: May 10, June 14, July 12, August 9

Time: 6:30-9 p.m.

Where: Edna Vihel Center, 3340 S. Rural Rd.

Fee: \$4; includes admission, drinks, snacks and door-prizes

Karaoke and Game Night

Come and sing your favorite tunes, play some Nintendo Wii, Pool, Ping-Pong and other games! We have a selection of Karaoke music to choose from, or you can bring your own music on a CD or mp3 player. Those requiring assistance must come with his/her own aide.

When: July 5

Time: 6:30-8:30 p.m.

Where: Pyle Adult Center, 655 E. Southern Avenue

Fee: \$3 at the door

Sports

Team Tempe Special Olympics

Youth (8 yrs+) and adults with intellectual disabilities are invited to join Special Olympics Arizona to learn sportsmanship and teamwork while achieving their personal goals! For more information, contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469 or visit our website at www.tempe.gov/adaptedrecreation.

A Special Olympics Medical Release Form signed by a medical examiner (good for three years) is required for all athletes to participate, as well as a City of Tempe registration form. Visit www.tempe.gov/adaptedrecreation for registration information and to download medical consent forms.

Unified Bowling Program/Buddy Bowling

This is a fun, unified bowling program that provides a great way for athletes with and without disabilities to participate together!

Location: AMF Tempe Village Lanes, 4407 S. Rural Road

Dates: May 11 – August 3 (*no bowling 5/25, 7/6)

Time: 9 a.m.

Who: 7 yrs+

Fees: \$20 registration fee plus \$8 each week for three games, shoes, and end-of-season league prizes